

## From the Washington State Department of Health – 10/24/14

Newsletter article about Ebola

245 words

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### Help spread the facts about Ebola

Washington State Department of Health

The Ebola virus has been in the news lately and it's natural to be concerned. The most important action you can take right now is to learn the facts about Ebola:

- **The general public's risk of getting an Ebola infection in this country is extremely low.**
- **There are no confirmed cases of Ebola in Washington State.**

#### **Ebola is spread through direct contact with:**

- Body fluids of a person who is sick with or who has died from Ebola (blood, vomit, urine, feces, sweat, semen, spit or other fluids).
- Objects contaminated with the virus (needles, medical equipment).
- Infected animals (by contact with blood or fluids or infected meat).

#### **Ebola is NOT spread through:**

- Casual contact.
- Water.
- Food grown in the United States.
- There is no strong evidence Ebola is transmitted through the air.

**Remember:** Someone who has Ebola **must have symptoms** before they can spread the disease to others.

#### **What can you do?**

People who have not been in an Ebola affected area of West Africa during the last 21 days or who haven't had close contact with a sick Ebola patient (such as household members of healthcare workers caring for Ebola patients) are likely not at risk for Ebola.

Please remember that not everyone from West Africa has Ebola.

The best thing you can do is to stay informed with the facts about Ebola. Visit the Washington State Department of Health's website at [www.doh.wa.gov](http://www.doh.wa.gov).